

Video Log

Connect footage to camera setup, scene context, and original media.

Case ID / operator / date

Camera ID / resolution / frame rate

Original file ID / start and stop time

Time zone / clock offset

Location / view / lighting / IR

Participants / movement / scene changes

Candidate timestamp / observation

Compression, reflections, autofocus checks

Original storage / review references

OBSERVE > DOCUMENT > TEST > ANALYZE > ATTEMPT TO EXPLAIN > REPORT

Keep originals. Record times, units, uncertainty, contamination, and source references.

E0 Explained | E1 Probably Explained | E2 Insufficient Information | E3 Unresolved | E4 Anomalous

E4 does not automatically establish a paranormal cause. Use continuation sheets if needed.